



Grilled Swordfish with Papaya Salsa



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb equal sizes of swordfish firm
- ☐ 1 tablespoon lime zest grated
- ☐ 0.3 cup juice of lime
- ☐ 0.3 cup grapefruit juice
- ☐ 0.3 teaspoon salt
- ☐ 1 clove garlic crushed
- ☐ 2 cups papaya peeled seeded chopped
- ☐ 0.3 bell pepper red finely chopped

- ☐ 2 tablespoons grapefruit juice
- ☐ 1 tablespoon spring onion finely chopped
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 0.1 teaspoon salt

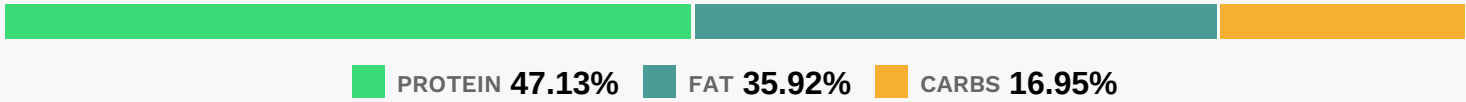
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan
- ☐ glass baking pan

Directions

- ☐ In ungreased 8-inch square (2-quart) glass baking dish, place fish steaks. In small bowl, mix remaining fish ingredients; pour over fish. Cover; refrigerate 2 hours to marinate. Meanwhile, in medium bowl, mix all salsa ingredients; cover and refrigerate.
- ☐ Set oven control to broil. Spray broiler pan rack with cooking spray.
- ☐ Remove fish from marinade; reserve marinade.
- ☐ Place fish on rack in broiler pan.
- ☐ Broil fish with tops about 4 inches from heat about 16 minutes, turning and brushing with marinade after 8 minutes, until fish flakes easily with fork. Discard any remaining marinade.
- ☐ Serve fish with salsa.

Nutrition Facts



Properties

Glycemic Index:78.19, Glycemic Load:5.14, Inflammation Score:-8, Nutrition Score:28.323043501895%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg

0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 293.06kcal (14.65%), Fat: 11.56g (17.78%), Saturated Fat: 2.79g (17.43%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 10.74g (3.91%), Sugar: 8.56g (9.51%), Cholesterol: 112.26mg (37.42%), Sodium: 362.88mg (15.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.13g (68.26%), Vitamin D: 23.64µg (157.62%), Selenium: 98.2µg (140.29%), Vitamin C: 63.65mg (77.15%), Vitamin B3: 13.63mg (68.14%), Vitamin B6: 0.99mg (49.43%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 449.27mg (44.93%), Potassium: 917.08mg (26.2%), Vitamin E: 3.81mg (25.41%), Vitamin A: 1133.63IU (22.67%), Magnesium: 68.96mg (17.24%), Vitamin B1: 0.15mg (10.29%), Folate: 35.85µg (8.96%), Zinc: 1.25mg (8.33%), Vitamin B5: 0.8mg (8.03%), Vitamin B2: 0.12mg (7.07%), Fiber: 1.53g (6.11%), Vitamin K: 5.88µg (5.6%), Iron: 1mg (5.58%), Copper: 0.11mg (5.4%), Manganese: 0.07mg (3.69%), Calcium: 30.06mg (3.01%)